

Northampton Aquatic & Family Center @ JFK Middle School, Bridge Rd. Florence

Northampton Area Swimming

www.naswim.org



An organized swim team program providing structured instruction, training, and competition for a wide range of ages and abilities. NAS is part of the United States Swimming organization and will provide an atmosphere where all can learn and excel in the sport of swimming. The team's coaches have many years of coaching experience and have proven abilities to develop in athletes not only swimming skills, but leadership skills, values, team spirit, commitment, sportsmanship, and community-involvement. We welcome swimmers from the surrounding Western Massachusetts communities to join us for FUN, personal growth and improvement, and competitive success. The benefits of our team are endless . . .

Session: September 11, 2006 – March 7, 2007

Program Info (fees do not include US registration fee of \$55):

Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident

8 & Unders/Novice Swimmers Practice M/W/F 6:30-7:30 pm \$180/\$200/\$220
Minimum age of 6 (up to age 10), can swim one length each on front and on back

Age-Group Swimmers Practice M/W/F 6:30-8:00 pm*, \$260/\$280/\$300
T/Th 7:00-8:30 pm
Generally aged 9-12 with competitive experience (all strokes and IMs)

Senior Swimmers Practice M/W/F 6:30-8:30 pm, \$280/\$300/\$320
T/Th 7:00-8:30 pm
Generally aged 13 and Over with competitive experience (all strokes and IMs)

High School Swimmers Practice M/W/F 6:30-8:30 pm, \$210/\$230/\$250
T/Th 7:00-8:30 pm **when H.S. not practicing/swimming**
Swimmers competing for their High School Swim Team

**Please note: practice schedules are subject to change, based on team enrollment.*

Registration is limited and on a first-come, first-serve basis.

The Aquatic & Family Center @ JFK Middle School Bridge Rd. Florence
Mon-Fri 4-8 PM & Sat and Sun 10-5 (587-1046)
Northampton Recreation Dept. Locust St Northampton
Mon-Fri 8:30 AM-4:30 PM 587-1040.
www.northamptonma.gov/recreation

